

The Psalms

Psalm 1

Happy the person who avoids evil and evil entertainment.
Happy the person who reads and meditates on God's words.
Such a person is like a tree planted beside a river,
getting plenty of nourishment, bearing plenty of fruit.
Such a person is on the Way of Life.
People who do evil are on the Way of Death.

Dear Lord, please help me do good and avoid evil

Psalm 2

Why are the nations revolting against God?
Why won't the nations accept God?
O kings and rulers of the nations, listen to God's voice.
Serve the Lord with love and honor.
Blessed are the nations that love the Lord.

Let all the nations love you, Lord.

Let all the nations love you

Psalm 3

When people make fun of me for believing in you, Lord,
I deeply remember how you are my help and my shield.
Even when the whole world seems against me,
I can go to bed and sleep easy, knowing that you protect me.
O Lord, please rescue me from people who plot against me.
Lord our savior, please bless everyone who needs help.

Lord, thank you for your protection and help

Psalm 4

At the end of this day I praise you, Lord,
for all your love and help.

O people of the world,
how long will you close your hearts to God?
How long you will keep on chasing false goals?

Lord, you have put into my heart a joy
that cannot be obtained by big meals and plenty of wine.

I will lie down in peace and sleep comes at once,
for you, Lord, make me dwell in safety and peace.

Thank you, Lord, for your love and help today

Psalm 5

At the start of this day I pray to you, O Lord, my King
and my God. I offer you my prayer and ask for your help.

Through the greatness of your love, I have access to your
friendship. I bow down in reverence and worship.

Lead me, Lord, in the way you want me to go.

It is you, Lord, who bless good people.

You surround them with favors, as with a shield.

Lord, I adore you as my Creator

Psalm 6

Have mercy on me, Lord, I have no strength.

My body is racked with pain. Please heal me, Lord.

I am exhausted with my groaning.

Every night my pillow is covered with tears.

Lord, please hear my prayer.

Dear Lord, please help people
who are in distress of mind or body

Psalm 7

Lord God, I take refuge in you.
Please rescue me from people who are trying to hurt me.
Lord, please stop bad people from doing bad things.
Please help good people to keep on doing good things.
Lord, I will sing to you
and thank you for your goodness to me.

Lord, please help me to avoid evil and to do good

Psalm 8

How great is your name,
O Lord our God, through all the earth.
When I see the heavens, the work of your hands,
the moon and stars which you have arranged,
then I stop and think:
what are we insignificant humans
that you should care about us?
Yet you have put us in charge of the world.
Everything is subject to our control.

How great is your name, O Lord our God,
through all the earth

Psalms 9 - 13

I will praise you, Lord, with all my heart.
You have so often rescued me from trouble. Thank you!
You are the best helper for people in trouble.
Please keep on helping me when troubles come.
Please stop bad people from hurting others.
Please let peoples in all countries know
they must avoid evil and live a life of justice.

Dear Lord, thank you for so often rescuing me
154 Psalms

Psalms 14 – 15

So many people live and act as if God doesn't exist.
Some foolish people even say there is no God.
So many people have left the way of justice and truth.
So many people follow the way of falsehood.
Lord, help us to live as we should.
Help us not to slander, help us not to wrong others.

Lord, help us to stand firm in the way of goodness

Psalm 16

Please protect me, Lord, I take refuge in you.
You are the only source of all true happiness.
I bless you, Lord, who guide and lead me.
Even at night you direct my heart.
And so my heart rejoices, my soul is glad.
My body shall rest in safety now and always.
You will show me the path of life, the fullness of joy
in your presence, at your right hand, happiness for ever.

Thank you, Lord, for the little joys you give us each day
....and the big joy you've prepared for us in Heaven

Psalms 17 – 18

Lord, when trouble breaks out on every side,
please protect and help me.
For you are my strength, my rock, my fortress, my savior.
I love you, Lord who save me because you love me.
Lord, you are my lamp who lightens my life.
I will praise you among the nations.

Lord, you are worthy of all praise

Psalm 19 (sun + law = the "sun-in-law" psalm)

The heavens proclaim the glory of God,
the starry skies are the work of his hands.

The stars can't speak, but they are God's handwriting.
The sun is God's love *shining* on the whole world.

The universe is a masterpiece,
and so is God's law which *shines* in our hearts.

The precepts of the Lord *enlighten* our lives each day.
The law of the Lord gives joy and wisdom to our hearts.

The decrees of the Lord are to be desired more than gold,
they are sweeter than honey, than honey from the comb.

But often we are unaware of our errors.
Lord, please protect us from making mistakes.

Lord, may the words of my mouth
and the thoughts of my heart be pleasing to you

Psalms 20, 21

May the Lord protect and help you,
may he give you your heart's desire
and fulfil every one of your plans.

Some trust in chariots or horses, but we trust in the Lord.

Lord, may our plans and hopes be acceptable to you.
Please bless our plans

Psalm 22 (Many things in this psalm happened to Jesus when he was put to death.

This psalm prophesizes Jesus' death)

My God, my God, why have you forsaken me?

I call to you for help, but day and night you give no reply.

I am a worm and not a man.

Everyone who sees me makes fun of me.

They taunt me: "He trusted in the Lord,
why doesn't the Lord help him?"

Like water I am poured out, my bones no longer connected.

My throat is parched, my tongue sticks to my jaws.

Many evil people attack me.

They make holes in my hands and my feet.

They await my death.

They divide my clothing among them,

they throw a dice for my robe.

Yet I know Lord, that you are good and holy.

I know how you heard the cries of our ancestors
and you helped them.

It was you who took me from the womb

and entrusted me to my mother's breast.

To you I was committed from my birth,
from my mother's womb you have been my God.

Lord, I trust in you even now.

I trust you will not scorn my prayer.

Even now I praise you as my Creator.

May all the nations know and worship you.

Lord, please help people who are in big trouble right now,
especially people whose lives are in danger

Psalm 23

The Lord is my shepherd, there is nothing I shall want.
Fresh and green are the pastures where he gives me repose.
Near restful waters he leads me, to revive my drooping spirit.

He guides me along the right path. He is true to his name.
If I should walk in the valley of darkness
no evil would I fear.

You are there with your crook and your staff;
with these you give me comfort.

You have prepared a banquet for me in the sight of my foes.
My head you have anointed with oil. My cup is overflowing.

Surely goodness and kindness shall follow me
all the days of my life.

In the Lord's own house shall I dwell for ever and ever.

Thank you, Lord, for being my good shepherd

Psalms 24 – 26

The Lord's is the earth and all its peoples.
It is the Lord who is Creator of the universe.

May all hearts open their doors to the Lord.
Let him enter, the king of glory.

Lord I hope in you all the day long.
Forgive my sins and help me walk in your truth.

God my savior, teach me your way of truth

Psalm 27

The Lord is my light and my help, whom shall I fear?
The Lord is the stronghold of my life,
before whom shall I shrink?
Though an army encamp against me, even then would I trust.

There is one thing I ask of the Lord, for this I long:
to live in the house of the Lord all the days of my life.
It is your face, O Lord, that I seek. Hide not your face.
I am sure I will see your goodness in the land of the living.
Hope in the Lord, hold firm and take heart.
Hope in the Lord!

Lord, you are my light and my help
I will always praise you

Psalm 28 (Prayer in time of danger)

To you, O Lord, I call, my rock, hear me.
If you do not heed, I shall become like people in the grave.
Lord, you are my strength and my shield.
In you my heart trusts.
Thank you, Lord, for so often hearing my prayer.
I will always thank and praise you.
You are the strength of your people Israel.
Save your people. Be our shepherd and carry us for ever.

Lord, please help people who are in big danger today

Psalms 29 – 30

The Lord gives us strength, the Lord blesses us with peace.
Thank you, Lord, for so often helping and healing me.
I cried to you when sickness surrounded me,
and you healed me.
You changed my mourning into dancing.
So I will thank you always.

Thank you, Lord, for all the times you have healed me

Psalm 31

Have mercy on me, O Lord, for I am in distress.
My eyes are full of tears, my heart full of sorrow.

Everyone makes fun of me.
My friends don't want to know me.
Save me, Lord, from this mess.

I praise you Lord, for you protect those who trust you.
You keep them safe from slander and lies.

Be strong, let your heart take courage,
all you who trust in the Lord.

I trust in you, Lord. My life is in your hands

Psalm 32

Happy is the person whose sin is forgiven.

For a while I refused to ask for forgiveness,
and my body paid the penalty.

But then I said "Lord, forgive me"
and my spirit and body revived.

Lord, when I do wrong,
please give me the grace to say sorry
and ask forgiveness

Psalm 33

Ring out your joy to the Lord, all good people,
for praise is fitting for loyal hearts.

For the Lord loves justice and right;
he fills the earth with his love.

By his word the heavens were made,
he spoke and the universe came into being.

They are happy, whose God is the Lord,
he is the source of all true joy.

May your love be upon us, O Lord,
since we place all our trust in you.

Lord, we trust in your precious love

Psalm 34

I will bless the Lord at all times,
his praise always on my lips.

In the Lord my soul shall make its boast,
the humble shall hear and be glad.

Glorify the Lord with me, together let us praise his name.
I sought the Lord and he answered me.
From all my terrors he set me free.

The angel of the Lord is encamped around those
who revere the Lord, to rescue them.

Taste and see that the Lord is good.
They are happy who seek refuge in him.

The Lord is close to the broken-hearted.
Those whose spirits are crushed he will save.

Lord, by our Bible reading and prayer,
may we taste and see your goodness each day

Psalms 35 – 37

O Lord, please save me from people who slander me,
you who rescue the weak from the strong,
you whose love is so precious,
you in whose light we see light.

We believe that if we find our delight in you,
you will grant our heart's desire.

And so we commit our lives to you,
confident you will help us in time of trouble.

Lord, please deepen our trust in you,
especially in time of trouble

Psalms 38, 39

O Lord, please forgive my sins and heal me.
Heal my body which is sick because of my sins.
Protect me, Lord, from those who gloat over me
now that I am brought low and unable to help myself.
Lord, you have shown me how short a time I have on earth.
Lord, give me wisdom of heart to live my life better.

Lord, help us understand the meaning of life

Psalm 40

I waited, I waited for the Lord and he stooped down to me.
He heard my cry.

He saved me from distress.

He put fresh hope into my heart.

How many, O Lord my God,
are the times you have helped me.

They are too many for me to describe.

My God, in the depth of my heart I delight in your law.

You do not want external offerings. You want my heart.

Lord, I offer you my heart, my love.
You deserve all my love

Psalm 41

Blessed the person who helps the poor and the weak.
He himself will be helped by the Lord
when he is sick and in trouble.

The Lord will help him on his bed of pain.

The Lord will bring him back from sickness to health.

Lord, please help me to do more for the poor

Psalms 42 – 45

Like a deer that longs for running streams,
so my soul is longing for you, my God.

My soul is thirsting for you, the God of my life.

I think of you all the time, here in my land of exile.

People make fun of us here in exile.

They taunt us saying "Where is your God?"

Yet no matter what happens we will hope in you,
for you are our saviour and our God.

No matter where we are or what happens to us, our hearts
will long for you, like a bride longing for her groom.

Lord, no matter what happens, may I always hope in you

Psalm 46 (c.f. famous hymn by Martin Luther

"A Mighty Fortress is our God",

and also the hymn "Be Still and Know that I am God".)

God is for us a refuge and strength,

in time of distress he is a helper close at hand.

Therefore we shall not fear

even though the earth should rock,

even though the mountains fall into the sea.

The Lord of hosts is with us.

The God of Jacob is our stronghold.

Come and consider the works of the Lord
and always remember his words:

"Be still and know that I am God."

Lord, help us to be more aware of your presence,
especially when we are in trouble

Psalms 47, 48

All peoples, clap your hands, cry to God with shouts of joy.
For the Lord, our Creator, we must love and honor,
great king over all the earth.

Especially in his holy city is the Lord worthy to be praised.
Praise is fitting on Mount Sion, our earth's most sacred site.

O God, as we pray in your temple,
our hearts meditate on your love.

May peoples and rulers everywhere
acknowledge and love you as Creator of the Universe.

Let all the peoples praise you, Lord.
Let all the peoples praise you

Psalms 49, 50

I will turn my mind to a parable,
with the harp I will solve a problem.

The problem: why do bad people prosper and succeed?

The answer: at the end of their lives bad people will have
to face death and judgement, just like everyone else.

When we are rich, we often lack wisdom.
Wealth blinds our minds and hearts.

Let's not forgot God and his laws.
Let's try to be good and lead good lives.

Lord, please help me understand the meaning of life
164 Psalms

Psalm 51

Have mercy on me, God, in your kindness,
and cleanse me of my sin.

My offences truly I know them.
What is evil in your sight I have done.

But in my defence please don't forget that
sinfulness is part of the human condition, part of our DNA.

A pure heart create for me, O God.
Put a steadfast spirit within me.

Give me again the joy of your help.
With a spirit of fervor sustain me.

Lord, you will not spurn a humbled, contrite heart

Psalms 52 – 60

Lord, I will tell everyone about how good you are.
You are our Creator. Everyone should love you.
Thank you for so often rescuing me from trouble.
You uphold my life.

Sometimes I have so many troubles and cares
that I can't get to sleep.

Sometimes I wish I was a bird
and could fly away to a safe place.

When I fear, I will trust in you, in you whose word I praise.

My heart is ready, O God, my heart is ready.
I will sing, I will sing your praise.

Each morning I will sing of your strength,
and each morning acclaim your love.

O God, please help me to praise and love you every day

Psalms 61 – 65

O God, hear my cry, you who are my refuge and help.

In you alone is my soul at rest. My help comes from you.

Take refuge in God, everyone in trouble.

Trust him at all times.

O God, you are my God, for you I long.

My body and soul thirst for you
like a dry, weary land without water.

Your love is better than life, my lips will speak your praise.

On my bed I remember you.

On you I muse through the night.

You are the Creator of the world.

You care for the earth, you give it water.

To you our praise is due, wherever we are on earth.

Lord, my soul clings to you.

Your right hand holds me fast

Psalms 66 – 68

O God, be gracious and bless us
and let your face shine its light upon us.

Let all the peoples praise you, O God.

Let all the peoples praise you.

O sing to the Lord, make music to his name.

Rejoice in the Lord, exult at his presence.

Father of the orphan, defender of the widow,

God provides a shelter for the homeless.

God gives his people strength.

May all the peoples of the earth know you
and praise you, O God

Psalms 69 – 70

Save me, O God, for the waters have risen to my neck.
I am sinking fast and can't keep afloat much longer.
So many people hate me without cause.
I have no more strength to resist them.
May my situation not cause anyone to lose faith in you.
May people realize that it is for your sake that I am taunted.
Taunts have broken my heart.
No one shows me any compassion.
For food they give me poison.
In my thirst they give me vinegar to drink.
Lord, do not hide your face from your servant.
Answer quickly for I am in distress.
You are my rescuer, my help, O God.
O Lord, do not delay to help me.

O God come to our assistance.

Lord make haste to help us

Psalm 71

In you, O Lord, I take refuge. Please hear me and help me.
Be a rock where I can take refuge.
Rescue me from people who want to hurt me.
It is you, O Lord, who are my hope.
In you I have trusted since I was young.
From my mother's womb you have been my help.
My hope has always been in you.
Now that I am old, please do not forget me.
Now that my strength fails, do not abandon me.
Now that I am old and grey-headed,
may I continue to trust in you and proclaim your help.
To you I will sing with the harp.
All day long my tongue will tell of your goodness to me.

Lord, may all elderly people put their trust
and hope in you

Psalm 72

O Lord, please bless the king,
that he might serve your people with justice.
May the mountains bring forth peace for the people
and the hills, justice.
The kings of Sheba and Seba bring him gifts.
All nations will serve him.
He will save the poor when they cry for help
and the needy who are helpless.
He will have pity on the weak and save the lives of the poor.
May every tribe be blessed in him.
May every nation bless his name.

May all the nations know and love you, Lord

Psalms 73 – 77

Sometimes when I see how bad people prosper,
I wonder what's the use in trying to be good?
But then I realize that everyone someday has to pay the bill
for any evil they have bought in the world.
Sometimes when I see our world and religion in ruins,
I wonder why has God abandoned us?
Then I remember that God has promised
to break the power of the wicked.
He has promised to give strength to good people.
So may all people honor the Lord our God and judge.
May the Lord give us his loving help.

Lord, you are goodness itself.

Please help us to be good and to trust you always

Psalm 78

Listen, everyone, to my teaching.
I will recount the lessons of our history.

The things our parents have told us,
we will not hide from our children,
but will pass them on to the next generation.

We want the next generation to know
all that the Lord has done for us in the past.

May the next generation in turn
pass on this knowledge to their own children,
so that they too will put their hope in God
and never forget all that God has done for us.

May future generations not be like our ancestors
who so often were unfaithful to God.

Even though our ancestors had seen God part the sea,
even though they had seen him provide food and water
for them in the desert, still they went on sinning.

Yet he who is full of compassion forgave and spared them.
He remembered they were only weak humans.

Eventually he brought them to the promised land
and gave a home to each of Israel's tribes.

But still they sinned by building mountain shrines
and serving idols.

Then God raised up David to be their leader.
God called him from looking after sheep
to be the shepherd of his people.

Lord, help us not to forget all you have done for us

Psalms 79, 80

O God, the nations have invaded your sacred land,
they have profaned your holy temple.

They have made Jerusalem a heap of ruins.

We have become the taunt of our neighbours,
the mockery and scorn of those who surround us.

How long, O Lord, will all this last?

How long will this sorrow keep going?

Do not hold the guilt of our ancestors against us.

If their guilt is somehow influencing our situation now
please give peace and healing to everyone and everything
in our history.

Let the groans of the prisoners come before you.

Let your strong arm reprieve those condemned to die.

O Lord, our God, help us and save us.

Let your face shine on us and we shall be saved.

Lord, please heal any problems in my family tree

Psalm 81

Ring out your joy to God our strength,
shout in triumph to the God of Jacob.

Listen to the voice of the Lord:

"I am the Lord your God
who brought you out from the land of Egypt.

Let there be no foreign god among you,
no worship of a false god.

O that my people would heed me,
that Israel would walk in my ways.

At once I would subdue their foes.
But Israel I would feed with finest wheat and honey."

Lord, please help us to walk in your ways

Psalms 82, 83

God says to corrupt officials:

"How long will you judge unjustly and mistreat the poor?
You should do justice for the weak and the orphan.

You should defend the afflicted and the needy.

You should rescue the weak and the poor.

You should set them free from the hand of the wicked."

O God, please protect your people from corruption and
injustice. Save us also from attack by other nations.

Let everyone know that you are the Lord of all the earth.

Lord, please stop corrupt officials from hurting people

Psalm 84

How lovely is your sacred temple, Lord.

My heart is longing to spend time in your holy dwelling.

Even sparrows and swallows are your temple guests.

They build homes for their young near your altar.

Blessed are the people who live and work in your temple.

And blessed, too, are people who keep the memory of your
temple in their hearts.

As they go through the troubles of life,
you give them strength to face the trials of each day.

Lord, one day within your temple
is better than a thousand anywhere else.

Dear God, thank you for special places of prayer

Psalm 85

I will hear what the Lord God has to say,
a voice that speaks of peace.

Peace for his people and his friends
and those who turn to him in their hearts.

His help is near for those who love him
and his glory will dwell in our land.

Mercy and faithfulness have met.
Justice and peace have embraced.

Faithfulness shall spring from the earth
and justice shall look down from heaven.

The Lord will make us prosper
and our earth shall yield its fruit.

Justice shall march before him
and peace shall follow his steps.

Lord, please give more peace to our world

Psalm 86

Turn your ear, O Lord, and give answer
for I am poor and needy.

O Lord, you are good and forgiving,
full of love to all who call to you.

All the nations shall come to adore you
and glorify your name, O Lord, you who alone are God.

Show me, Lord, your way, and guide my heart
so that I may walk in your truth.

I will praise you, Lord my God, with all my heart
for your love to me has been great.

O give your strength to your servant
and save your handmaid's son.

Dear Lord, thank you for all your love

Psalm 87

On the holy mountain is Jerusalem,
the Lord's cherished city.

Of you are told glorious things, O city of God.

All nations are called to serve and love the Lord.
And Jerusalem shall be called their spiritual mother,
for all shall be her children.

In Jerusalem everyone will be welcome and find a home.

Lord, may Jerusalem be a place of peace and prayer
for all peoples

Psalm 88

Lord my God, day and night I call to you for help.
Please turn your ear to my cry.

For my soul is filled with evils.
My life is on the brink of the grave.

I am reckoned as one in the tomb.
I have reached the end of my strength.

Will your love be told in the grave?
Will your wonders be known in the dark?

Fear surrounds me like a flood.

All my friends have deserted me.
My only companion is darkness.

Lord, please help people who are in despair
173 Psalms

Psalm 89

I will sing for ever of your love, O Lord.
Of this I am sure, that your love lasts for ever.

The heavens proclaim your wonders, O Lord.
The heavens are yours, the world is yours.

Blessed the people who find joy in you,
who walk, O Lord, in the light of your face.

Thank you, Lord, for our beautiful world

Psalm 90

O Lord you have been our refuge
from one generation to the next.

Before the earth or the world existed,
you are God, without beginning or end.

For you, a thousand years are like yesterday,
come and gone so quickly.

We humans have a short life,
our life is over like a sigh.

Our span is 70 years, or 80 for those who are strong.

Make us know the shortness of our life,
that we may gain wisdom of heart.

In the morning, fill us with your love.
Give success to the work of our hands.

Lord, help us realize the shortness of our life,
that we may live our lives more wisely

Psalm 91

He who dwells in the shelter of the Most High
says to the Lord "you are my refuge in whom I trust."

The Lord will hide you and protect you.
Under his wings you will find refuge.

You will not fear any night time terror,
nor any attack during the day.

Upon you no evil shall fall,
no plague approach where you dwell.

For you has he commanded his angels
to keep you safe in all your ways.

Dear God, thank you for your protection day and night

Psalm 92

It is good to give thanks to the Lord,
to make music to your name, O Most High,

to proclaim your love in the morning,
and your truth right through the night.

Your deeds, O Lord, have made me glad.
For the work of your hands, I shout with joy.

To me you give the wild ox's strength.
You anoint me with the purest oil.

May we love and praise you right through our lives,
right till the end of our days.

May we keep on proclaiming your goodness,
proclaiming that in you, our rock, there is only goodness.

Lord, it is right and fitting to love and praise you

Psalm 93

The Lord is king, with majesty enrobed,
he has girded himself with power.

The world you made firm, not to be moved.
From all eternity, O Lord, you are.

The oceans and coastlines of the world
are majestic and powerful.

But greater than the roar of mighty waters,
more glorious than the surging of the sea
is the Lord on high.

Such a Lord, such a Creator, such a God.
Truly your decrees are to be trusted.

Holiness is fitting to your house
O Lord, always and everywhere.

We praise you, Lord, our Creator

Psalm 94

O Lord, Judge of the earth,
how long will the wicked crush the poor?

The wicked say "God does not hear."
But can he who made the ear, not hear?

Blessed are those whom the Lord teaches.
The Lord gives them peace in troubled times.

When cares increase in my heart,
God's consolation calms my soul.

Lord, when cares and troubles increase,
please help us to trust in you

Psalm 95

Come ring out our joy to the Lord.

Hail the rock who saves us.

Let us come before him giving thanks.

With songs let us praise the Lord.

A mighty God is the Lord,
a great king above all gods.

In his hand are the depths of the earth.

The heights of the mountains are his.

To him belongs the sea, for he made it,
and the dry land shaped by his hands.

Come in, let us bow and bend low.

Let us kneel before the God who made us.

For he is our God

and we are the people who belong to his pasture.

Lord, you are our Creator. Our life comes from you.

We praise and love you, Lord

Psalm 96

O sing a new song to the Lord.

Sing to the Lord, all the earth.

O sing to the Lord, bless his name.

Proclaim his help day by day.

Tell among the nations his glory,

and his wonders among all the peoples.

It was the Lord who made the heavens.

Give the Lord, you families of peoples,

give the Lord glory and honor.

Bring an offering and enter his temple.
Worship the Lord in his sacred place.

Let the heavens rejoice and earth be glad.
Let the sea and all within it thunder praise.

Let the land and all it bears rejoice,
all the trees of the forest shout for joy.

Everyone and everything,
give the Lord glory and honor.

Lord, you are our Creator. We love and praise you

Psalm 97

The Lord is king, let earth rejoice,
the many coastlands be glad.

Cloud and darkness are his robes.
His throne is justice and goodness.

The skies proclaim his goodness.
All peoples see his glory.

Let those who serve idols be ashamed.
Let all creation worship the Creator.

Light shines forth for good people
and joy for the upright of heart.

Rejoice in the Lord, all good people.
Give glory to his holy name.

Lord, you indeed are God of the universe

Psalm 98

Sing a new song to the Lord for he has worked wonders.
His right hand has brought salvation.

The Lord has made known his salvation.
He has shown his justice to the nations.

He has remembered his truth and love
for the house of Israel.

All the ends of the earth have seen the salvation of our God.
Shout to the Lord all the earth, ring out your joy.

Sing psalms to the Lord with the harp,
with the sound of music.

Let the sea, the world and all peoples
acclaim the King, the Lord.

Let the rivers clap their hands
and the hills ring out their joy at the presence of the Lord,
for he comes to rule the earth.

He will rule the world with justice
and the peoples with fairness.

Lord, may all peoples in all countries
know your love and goodness

Psalm 99

The Lord is king. He is great in Sion.
His power is seen throughout the world.

Among his priests were Aaron, Moses and Samuel.
They prayed to the Lord and he answered their call.

Let peoples everywhere praise his name.
He is holy, full of power.

Lord, may all peoples know and love you

Psalm 100

Cry out with joy to the Lord, all the earth.

Serve the Lord with gladness.

Come before him, singing for joy.

Know that he, the Lord, is God.

He made us, we belong to him.

We are his people, the sheep of his flock.

Go within his gates, giving thanks.

Enter his temple with songs of praise.

Give thanks to him and bless his name.

Indeed, how good is the Lord, eternal his merciful love.

He is faithful from age to age.

Dear Lord, please help us to serve you with gladness

Psalm 101

My song is of mercy and justice. I sing to you, O Lord.

I will try to walk with blameless heart.

I will try to give my attention to what is good,
not what is bad.

People who slander others, people of proud looks,
these will not be my friends.

People who are good and do good, these will be my friends.

Dear Lord, please help me to avoid bad company

Psalm 102

O Lord, listen to my prayer in my distress.

Do not hide your face from me.

For my days are vanishing like smoke,
my bones burn away like a fire.

I forget to eat my bread. My skin clings to my bones.

All day long my foes revile me.
Those who hate me use my name as a curse.

But you, O Lord, will endure for ever.
You will arise and have mercy on Sion.

You will hear the groans of the prisoners
and free those condemned to die.

I pray to you: "Do not take me away before my time
has come, you whose days last from age to age.

Lord, please help people who are in great distress

Psalm 103

My soul, give thanks to the Lord.
All my being, bless his holy name.

My soul, give thanks to the Lord
and never forget all his blessings.

It is he who forgives all your guilt,
who heals every one of your ills.

It is he who fills your life with good things,
renewing your youth like an eagle's life.

The Lord is compassion and love,
slow to anger and rich in mercy.

As the heavens are high above the earth
so strong is his love for those who love him.

As far as the east is from the west,
so far does he remove our sins.

As a father has compassion on his children,
the Lord has pity on all who love and honor him.

Give thanks to the Lord, all his angels,
who heed the voice of his word.

Give thanks to the Lord, everyone and everything.
My soul, give thanks to the Lord!

Thank you, Lord, for your love and compassion

Psalm 104

Bless the Lord, my soul! Lord God, how great you are.

You make the clouds your chariot.

You walk on the wings of the wind.

You make springs gush forth in the valleys.

They give drink to all the animals of the field.

You make grass grow for the cattle
and plants to provide food for people.

You give us wine, to cheer our hearts
and oil to make our faces shine.

You made the moon to mark the months.

The sun knows the time for its setting.

How many are your works, O Lord.

In wisdom you have made them all.

The earth is full of your riches
and the sea is swarming with life.

All things, great and small, look to you for food.

You open your hand, they have their fill.

You send forth your spirit, and life is created.

You renew the face of the earth.

I will sing to the Lord all my life.

May my thoughts be pleasing to him.

Bless the Lord, my soul!

Psalm 105

Give thanks to the Lord,
make known his deeds among all the peoples.

O sing to him, sing his praise.
Tell all his wonderful works.

Be proud of his holy name.
Let hearts that seek the Lord rejoice.

Consider the Lord and his strength.
Constantly seek his face.

Never forget how the Lord has helped us in the past,
how he has protected Israel from its beginning till now.

Dear God, please help me understand
how you have been loving and protecting me
since the beginning of my life

Psalm 106

O give thanks to the Lord for he is good.
His great love is without end.

They are happy who do what is right,
who at all times remember what is just.

When our ancestors came out of Egypt,
they forgot the greatness of God's love.

Each time they strayed, God forgave them.
But still they continued to forget God

who was their saviour,
God who had done such great things for them in Egypt.

O Lord, our God, please don't let us forget your love

Psalm 107

O give thanks to the Lord, for he is good.
His great love is without end.

Let them say this, those the Lord has helped,
people from east and west, north and south.

Some people wandered in the desert,
lost and unable to find their way to safety.

In their hunger and thirst they cried to the Lord for help.
He rescued them and showed them the way to safety.

Let them thank the Lord for his love,
for he fills the hungry with good things.

Some people were prisoners in misery and chains,
living in darkness and gloom.

In their distress they cried to the Lord for help.
He rescued them and restored their freedom.

Let them thank the Lord for his goodness,
for he shatters the iron bars of prisons.

Some people were sick on account of their sins,
unable to eat, and close to death.

They cried to the Lord in their need.
He healed them and saved them from the grave.

Let them thank the Lord for his love,
for the wonders he does for us.

Some people sailed the sea in ships
and were caught in terrifying storms.

They cried to the Lord in their need
and he calmed the sea and wind.

Let them thank the Lord for his love,
for the wonders he does for us.

Whoever is wise should meditate on these things
and reflect on the love of the Lord.

Thank you Lord, for your rescuing love

Psalm 108

My heart is ready, O God. I will sing, sing your praise.
Awake, lyre and harp. I will awake the dawn.

I will thank you, Lord, among the peoples,
praise you among the nations,
for your love reaches to the heavens
and your truth to the skies.

O Lord, come and deliver us today.
Help us with your right hand.

Give us help in difficult situations.
With your help we shall be brave.

Lord, we need your help every day

Psalms 109, 110

O God whom I praise, do not be silent,
for people are bombarding me with words of hate.

They speak to me with lying tongues
and attack me without cause.

They repay me evil for good.
While I pray for them, they show me hatred.

I have become an object of scorn.
Help me, Lord my God.

Lord, when people are unkind to me,
please give me the grace to pray for them

Psalm 111

I will thank the Lord with all my heart.
Great are the works of the Lord,
to be pondered by all who love him.

His goodness stands firm for ever.
The Lord is compassion and love.
His precepts are for all peoples and all times.
He is to be honored by all nations.
To love and honor the Lord is the beginning of wisdom.

Dear Lord, please help me to love
and honor you every day

Psalm 112

Happy are people who love and honor the Lord,
who take delight in his commands.
The children of such people will be blessed.
Such people are a light in the darkness for others.
Such people are generous, merciful and just.
They take pity and help those in need.
They conduct their affairs with integrity.
Open-handed they give to the poor.
Their justice and goodness will never be forgotten.

Lord, please help me do more for the poor

Psalm 113

Praise, O friends of the Lord,
praise the name of the Lord.
May the name of the Lord be blessed
both now and for evermore.
From the rising of the sun to its setting
praised be the name of the Lord.

Who is like the Lord our God,
above the heavens his glory.
From the dust he lifts up the lowly,
to put them in the company of royalty.
To the childless wife he gives a home
and gladdens her heart with children.

May the Lord be praised from sunrise to sunset

Psalms 114, 115

When Israel came out of Egypt,
Jacob's descendents from an alien people,
Judah became the Lord's temple,
Israel became his kingdom.
Descendents of Israel, trust in the Lord.
He is our help and our shield.
To you may the Lord grant increase,
to you and all your children.
May you be blessed by the Lord,
the maker of heaven and earth.

Thank you, Lord, for all your blessings

Psalm 116

I love the Lord for he has heard the cry of my appeal.
He turned his ear to me in the day when I called him.
They surrounded me, sorrow,
distress and the snares of death.
I was helpless, so the Lord saved me.

Calm down my soul, for the Lord has been good.
I will walk in the presence of the Lord
in the land of the living.

How can I repay the Lord for his goodness to me?
The cup of salvation I will raise to thank the Lord.

O precious in the eyes of the Lord
is the death of his faithful.

Lord, you have loosened my bonds. I am your servant.

Thank you, Lord, for all your goodness to me

Psalm 117

O Praise the Lord, all you nations.
Acclaim him, all you peoples!

Strong is his love for us. He is faithful for ever.

May all the nations love and praise you, Lord

Psalm 118

Give thanks to the Lord for he is good.
His love has no end.

Let the sons of Israel say: "His love has no end."

Let those who honor the Lord say: "His love has no end."

It is better to take refuge in the Lord than to trust in humans.
It is better to take refuge in the Lord than to trust in princes.

I was falling, falling, falling, but the Lord was my helper.

The Lord is my strength and my song. He is my saviour.

The Lord's right hand has triumphed.
His right hand has raised me up.

I shall not die, I shall live and recount all his deeds.

The stone which the builders rejected
has become the corner stone.

This is the work of the Lord, a marvel in our eyes.

This day was made by the Lord. We rejoice and are glad.

Lord, we give thanks to you, for you are good.
Your love has no end

Psalm 119

They are happy who follow God's word,
those who seek God with all their hearts.

How can young people avoid evil?
By seeking you and obeying you, Lord.

Open my eyes, Lord,
that I may understand the beauty of your word.

Lord, when I'm worried or in trouble,
your word revives me and gives me strength.

Lord, keep my eyes from what is false.
Bend my heart to your word and not to love of gain.

The word from your mouth means more to me
than silver and gold.

The unfolding of your word gives light
and teaches simple people.

Lord, thank you for your word
which gives peace to our hearts

Psalms 120, 121

I call to the Lord in the hour of my distress:
"Lord save me from people who speak with lying lips."

Long enough have I been dwelling
with those who hate peace.
I am for peace, but they are for fighting.

I lift up my eyes to the mountains.
From where shall come my help?

My help shall come from the Lord
who made heaven and earth.

The Lord is our guard and our shade.
Day and night we shall not be afraid.

The Lord will guard our going and coming
both now and forever.

Lord, please protect us from danger, day and night

Psalm 122

I rejoiced when I heard them say
"Let us go to God's house."

And now our feet are standing within your gates,
O Jerusalem.

For the peace of Jerusalem pray "Peace be to your homes."

For love of the house of the Lord I will ask for your good.

Lord, may your peace be in our hearts and homes

Psalm 123

To you have I lifted up my eyes,
you who dwell in the heavens.

My eyes, like the eyes of slaves on the hand of their lords.

Like the eyes of a servant on the hand of her mistress,
so our eyes are on the Lord our God till he show us mercy.

Have mercy on us, Lord, have mercy.

We are filled with contempt.

Indeed all too full is our soul with the scorn of the rich,
with the proud man's disdain.

Lord, please protect poor people
from being exploited by rich people

Psalm 124

"If the Lord had not been on our side," this is Israel's song.

If the Lord had not been on our side
when people rose against us,

then would they have swallowed us alive
when they were angry with us.

Blessed be the Lord who did not let us become
a prey for their teeth.

Our life, like a bird, has escaped
from the snare of the hunter.

Indeed the snare has been broken and we have escaped.

Our help is in the name of the Lord
who made heaven and earth.

Thank you, Lord, for all the times
you have rescued me from trouble

Psalm 125

Those who put their trust in the Lord
are like Mount Zion, that cannot be shaken.

Jerusalem, the mountains surround her,
so the Lord surrounds his people, now and forever.

Lord, please help us be more aware
of your protecting presence

Psalm 126

When the Lord delivered Zion from bondage,
it seemed like a dream.

Then was our mouth filled with laughter,
on our lips there were songs.

What marvels the Lord worked for us.
Indeed we were glad.

Those who are sowing in tears will sing when they reap.

They go out, full of tears, carrying seed for the sowing.
They come back, full of song, carrying their sheaves.

Dear God, please bless all people
who are sorrowful as they work

Psalm 127

If the Lord does not build the house,
in vain do its builders labor.

If the Lord does not watch over the city,
in vain does the watchman keep vigil.

Success comes not from earlier rising
or from going later to rest, but from the Lord's blessing.

Success is from the Lord
who blesses the womb of his beloved while she sleeps.

Truly, children are a gift from the Lord,
a blessing, the fruit of the womb.

Lord, many people these days don't want children.
Please help such people understand that
children are a blessing

Psalm 128

O blessed are those who love the Lord and walk in his ways.

By the labor of your hands you shall eat.

You will be happy and prosper:

your wife like a fruitful vine in the heart of your house;
your children like shoots of the olive, around your table.

Indeed thus shall be blessed
the people who love and honor the Lord.

May the Lord bless you from Zion all the days of your life.

May you see your children's children in a happy Jerusalem!

On Israel, peace!

Dear Lord, may all married people
live to see their children's children

Psalm 130

Out of the depths I cry to you, O Lord.
Lord, hear my voice.

If you, O Lord, should record our guilt,
Lord, who would survive?

But with you is found forgiveness.
For this we revere you.

My soul is waiting for the Lord.
I count on his word.

My soul is longing for the Lord
more than watchman for the daybreak.

With the Lord there is mercy and fullness of redemption.
Israel indeed he will redeem from all its iniquity.

Lord, please forgive me for all the bad things I have done

Psalm 133

How good and how pleasant it is when people live in unity.

It is like precious oil upon the head,
running down upon the beard.

It is like the dew of Hermon
which falls on the heights of Zion.

For there the Lord gives his blessing, life for ever.

Dear Lord, please help all the peoples of the world
to live as one family, in unity

Psalm 134

O come, bless the Lord, all you who serve the Lord,
who stand in the house of the Lord,
in the courts of the house of our God.

Lift up your hands to heaven
and bless the Lord through the night.

May the Lord bless you from Zion,
he who made both heaven and earth.

Lord, please protect my family tonight and every night

Psalm 135

Praise the name of the Lord, praise him,
servants of the Lord.

Praise the Lord for he is good.
Sing a psalm to his name for he is loving.

I know the Lord is great.
He does whatever he wills in heaven, on earth, in the seas.

Pagan idols are silver and gold, the work of human hands.

They have mouths but they cannot speak.
They have eyes but they cannot see.

Sons of Israel, do not trust in useless idols.
Sons of Aaron, trust only in our Creator and Lord.

Dear Lord, please help people who worship idols
to know and love you

Psalm 136

O give thanks to the Lord for he is good,
for his great love is without end.

It was his wisdom which made the skies,
for his great love is without end.

It was he who made the sun, moon and stars,
for his great love is without end.

It was he who rescued and protected his people Israel,
for his great love is without end.

He gives food to all living things,
for his great love is without end.

To the God of heaven give thanks,
for his great love is without end.

We praise you, Lord, for your great love is without end

Psalm 137

By the rivers of Babylon
we sat and cried, remembering Zion.

On the poplars that grew there we hung up our harps.

For it was there that they asked us, our captors, for songs.
"Sing to us," they said, "one of Zion's songs."

O how could we sing the song of the Lord on alien soil?
If I forget you, Jerusalem, let my right hand wither.

O let my tongue cleave to my mouth
if I remember you not, Jerusalem, above all my joys.

Lord, please help people who have been exiled
from their homeland

Psalm 138

I thank you, Lord, with all my heart.
You have heard the words of my mouth.

With the angels I will bless you.
I will adore you in your holy temple.

I thank you for your faithfulness and love
which are far above what we can understand.

On the day I called you answered.
You increased the strength of my soul.

All earth's kings shall thank you
when they hear the words of your mouth.

They shall sing of the Lord's ways:
"How great is the glory of the Lord!"

Though I walk in the midst of affliction
you give me life and frustrate my foes.

Your love, O Lord, is eternal.
Do not abandon us whom you have made.

Lord, when we remember
how much you love us and help us,
every day of the year is a Thanksgiving Day

Psalm 139

O Lord, you search me and you know me.
You know my resting and my rising.
You know exactly what's going on in my life,
all my ways are an open book to you.
Before ever a word is on my tongue,
you know, O Lord, what I'm going to say.
Your knowledge is beyond my understanding,
too high, beyond my reach.
It was you who created my being,
knit me together in my mother's womb.
I thank you for the wonder of my life,
for the wonders of all your creation.

Lord, thank you for the gift of life.
Please help me follow the path to eternal life

Psalms 140 – 143

Lord, save me from people who do evil,
you who do justice for the needy.
I have no way out of this situation.
And no one wants to help me.
Lord, I beg you tonight to make haste
and give me an answer, for my spirit fails within me.
In the morning let me know your love
for I put my trust in you.

Lord, please help people who are in big trouble

Psalm 144

Blessed be the Lord, my rock,
who gives me strength for every situation.
He is my love, my fortress.
He is my stronghold, my savior.

To you, O God, will I sing a new song,
you who so often rescued David your servant.
Happy the people whose God is the Lord.
Please continue to bless your people, Lord.
Let our sons flourish like saplings
grown tall and strong from their youth;
our daughters graceful as columns,
adorned as though for a palace.
Let our crops and stock be blessed.
May there be no sound of weeping on our streets.

Lord, please help us love and honor you every day.
Don't let us ever forget your love

Psalm 145

I will give you glory, O God my king.
I will bless your name day after day.
The Lord is great, worthy of all praise.
His greatness cannot be measured.
Age to age shall proclaim your works,
shall speak of your splendor and glory.
The Lord is kind and full of compassion,
slow to anger, abounding in love.
How good is the Lord to all,
compassionate to all his creatures.
All your creatures shall thank you, O Lord,
and tell all the world of your love.
The Lord is faithful in all his words
and loving in all his deeds.
The Lord supports all who fall
and raises all who are bowed down.

The eyes of all creatures look to you
and you give them their food each day.

The Lord is close to all who call him,
who call on him from their hearts.

Let the whole world bless the Lord's holy name,
for ever, for ages unending.

Thank you, Lord, for your love. Thank you for your love

Psalm 146

My soul, give praise to the Lord.
I will praise the Lord all my days.

Put no trust in princes,
in mortal men in whom there is no help.

Take their breath, they return to clay
and their plans that day come to nothing.

They are happy who are helped by Jacob's God,
whose hope is in the Lord our God,
who alone made heaven and earth,
the seas and all they contain.

It is he who gives bread to the hungry,
the Lord, who sets prisoners free.

It is the Lord who gives sight to the blind,
who raises up those who are bowed down.

It is the Lord who protects the stranger
and upholds the widow and orphan.

It is the Lord who loves the just
but thwarts the path of the wicked.

The Lord will reign for ever, Zion's God, from age to age.

Lord, please increase my trust and faith in you

Psalm 147

Praise the Lord for he is good.
Sing to our God for he is loving.
To him our praise is due.

The Lord builds up Jerusalem
and brings back Israel's exiles.

He heals the broken-hearted and binds up all their wounds.

The Lord raises the lowly and humbles the wicked.

He fixes the number of the stars.

He calls each one by name.

Our Lord is great and almighty.

His wisdom can never be measured.

He covers the heavens with clouds.

He prepares rain for the earth,

making mountains sprout with grass
and with plants to serve our needs.

His delight is not in horses

nor his pleasure in warriors' strength.

The Lord delights in those who love and honor him,
in those who wait for his love.

It is right and fitting to praise and love you,
Lord our Creator

Psalm 148

Praise the Lord from the heavens, praise him in the heights.

Praise him all his angels, praise him all his spirits.

Praise him, sun and moon, praise him, shining stars.

Let them praise the name of the Lord.

His word gave life to all of them.

Praise the Lord from the earth,
sea creatures and all oceans.

Praise him fire and hail, snow and mist,
stormy winds that obey his word.

Praise him all mountains and hills,
all fruit trees and cedars.

Praise him all animals, wild and tame,
reptiles and birds in the air.

Praise him all earth's kings and peoples,
earth's princes and rulers.

Praise him young men and maidens,
old people together with children.

Let them praise the name of the Lord.
He is the praise of all who love him.

Lord our God and Creator, you are worthy of all praise

Psalms 149, 150

Sing a new song to the Lord.

Let the praise of God be always on our lips.

Praise God in his holy temple.

Praise him in the heavens.

O praise him with sound of trumpet.

Praise him with lute and harp.

Praise him with drums and dancing.

Praise him with strings and pipes.

Let everything that lives and breathes,
give praise to the Lord our Creator. Alleluia!

Lord to you we say every day "Allelu -ia" ("praise God")